

Montgomery Stroke & Turn Clinic (MSTC)

Spring Tune-Up Program



When: Sundays from 2-3 p.m.
May 1st - May 29th (5 sessions)

Where: The Olney Swim Center
(Course #279732)

Fee: \$85 payable to MCRD
\$100 for non-county residents



The Montgomery Stroke and Turn Clinic have served the Montgomery County swimming community for over twenty years. MSTC is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength, and have fun. This is **not** a training program. Rather, coaches will work on proper stroke mechanics and techniques with swimmers to better prepare them for the upcoming summer season.

What teams are participating?

There are several local teams that will be participating in the clinic. They are: Argyle, Flower Valley, Hallowell, Manor, Olney Mill, and other local teams

Who are the Coaches?

Todd Garner (Manor)
Maneth Gravell (Argyle)
Kaitlin MacDonald (Olney Mill)
Jessica Prorok (Hallowell)

There will also be several other experienced coaches that will be participating every Saturday afternoon from each of the respective swim clubs.

Skills that will be taught

- Proper breathing and body positioning in the water
- Starts and Turns
- The four main competitive strokes: butterfly, backstroke, breaststroke, and freestyle
- Streamlining off the wall

What else do I need to know?

- The average coach-swimmer ratio will be 1-8
- Groups will be broken up according to ability and will be placed at their appropriate level
- Swimmers that participate should be comfortable in the water and be able to **complete at least 25 yards of freestyle without stopping**

If you have any further questions about the program please call (240) 777-8060

Good Luck This Summer and We Hope to See You on April 30th!